

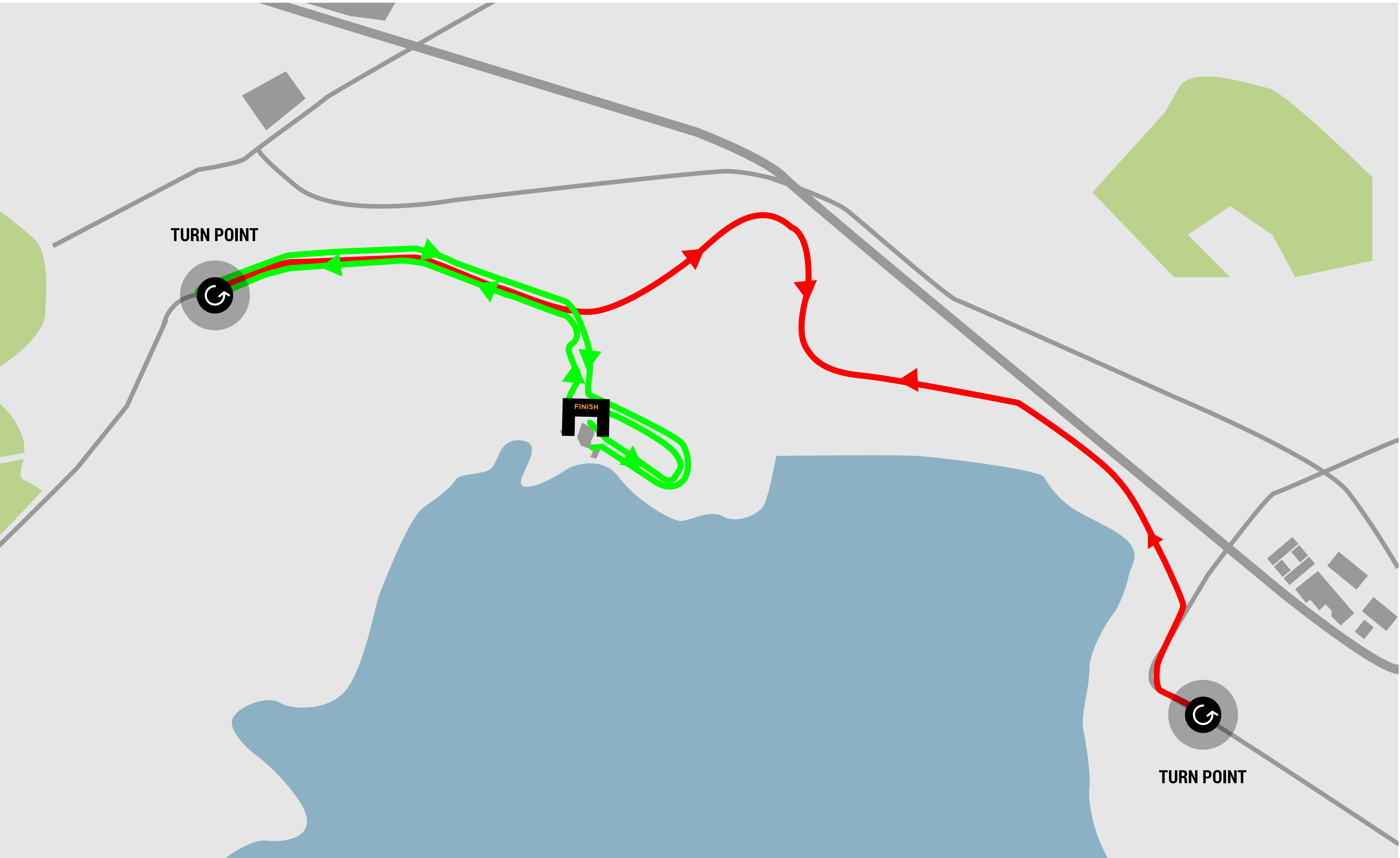


CYCLE ROUTE

MINI - HALF LAP
SPRINT - 2 LAPS
OLYMPIC - 4 LAPS

 TRI BIKE 10KM

 MINI TRI BIKE 5KM



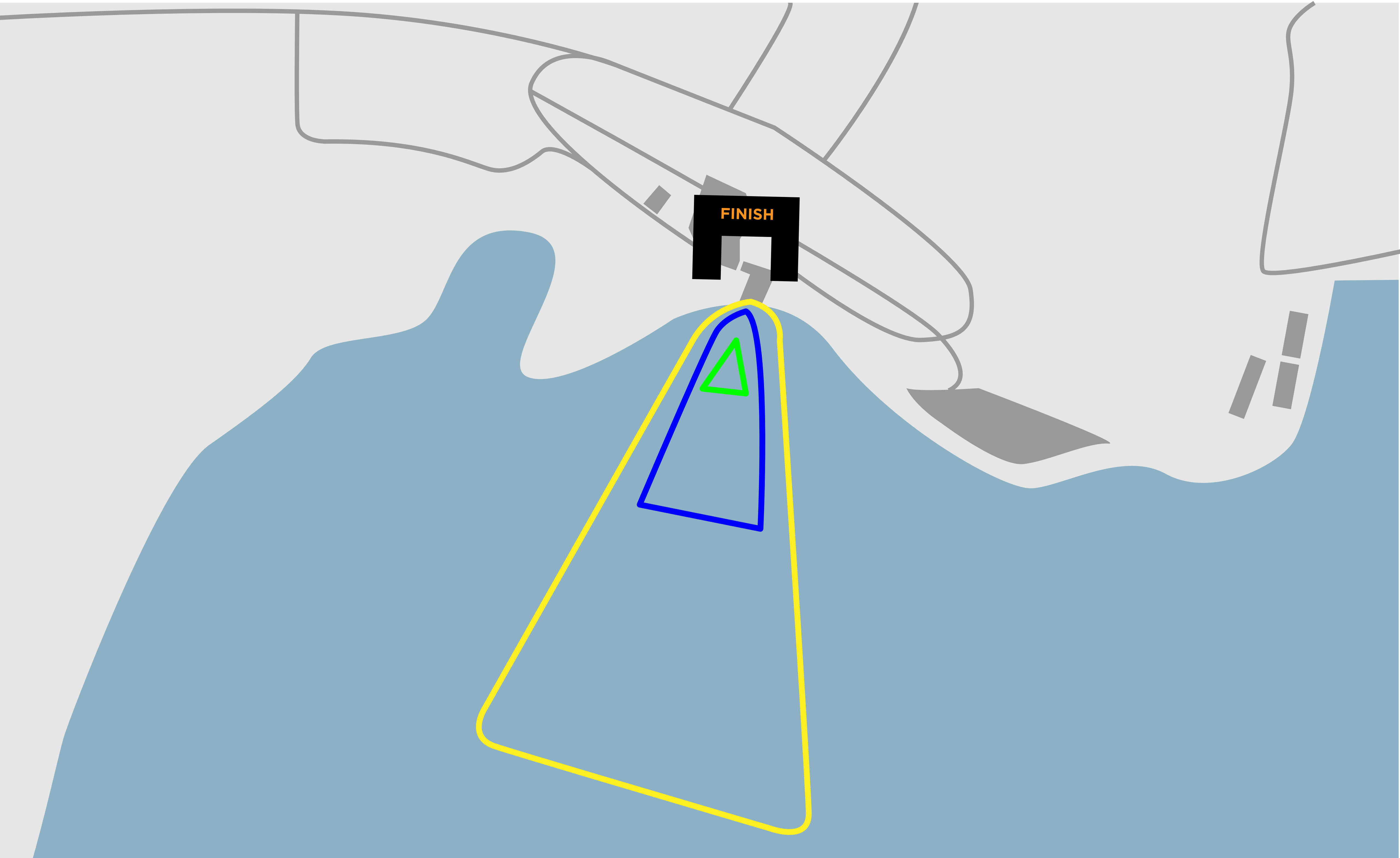


SWIM ROUTE

MINI SWIM - 1 LAP
SPRINT SWIM - 1 LAP
OLYMPIC SWIM - 1 LAP

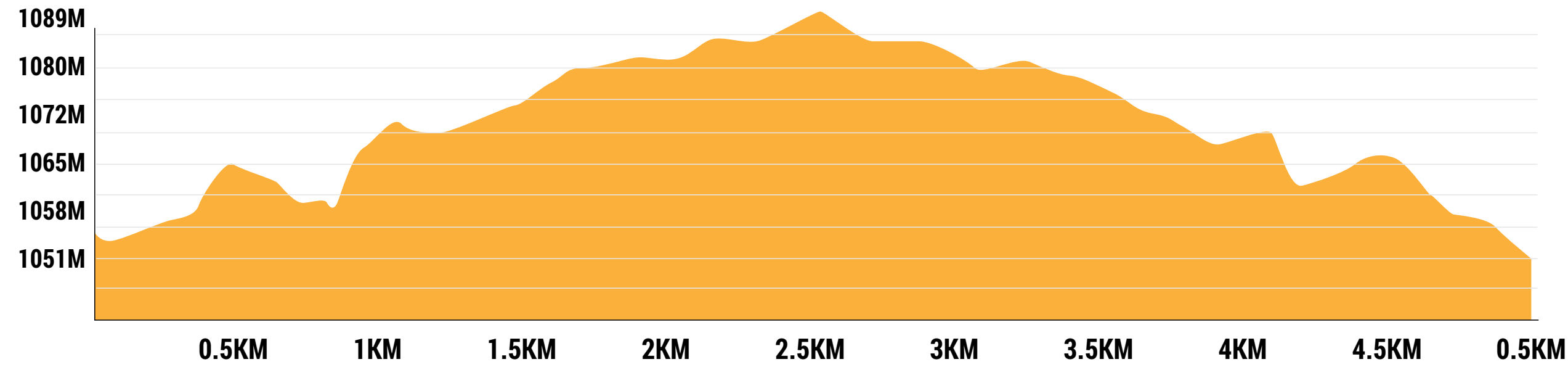
 MINI SWIM
 SPRINT SWIM

 OLYMPIC SWIM



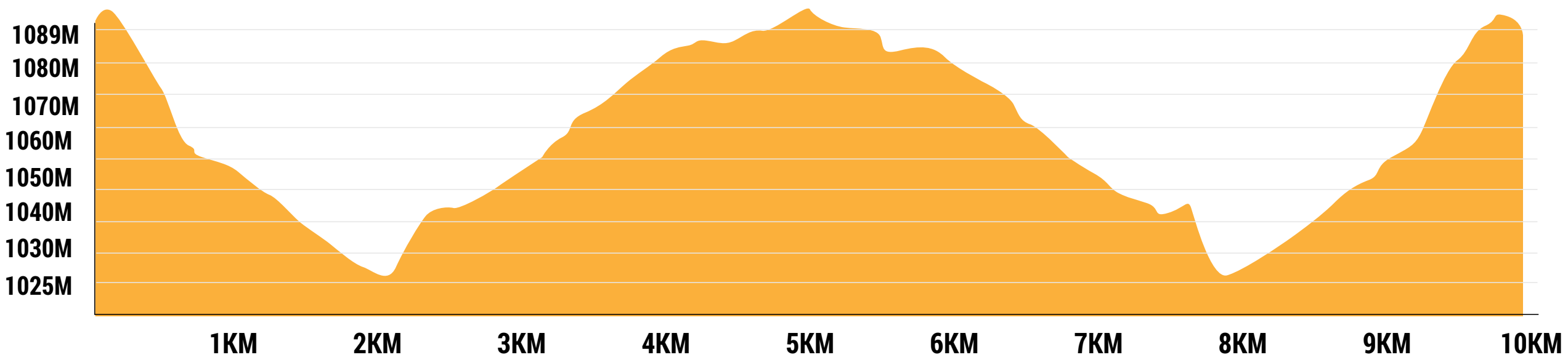
ROUTE ELEVATION PROFILES

MINI TRI BIKE 5KM



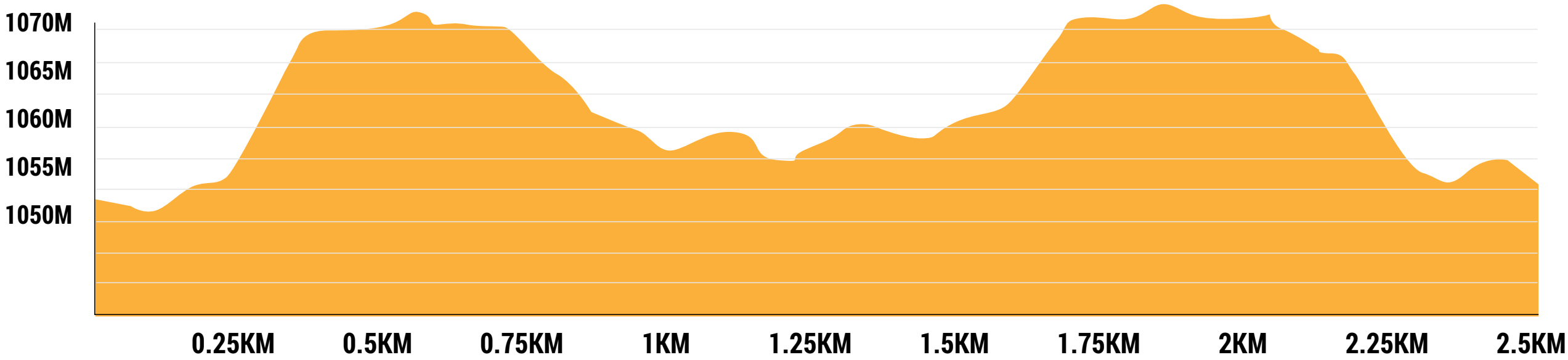
MINI - HALF LAP
SPRINT - 2 LAPS
OLYMPIC - 4 LAPS

MINI TRI BIKE 10KM



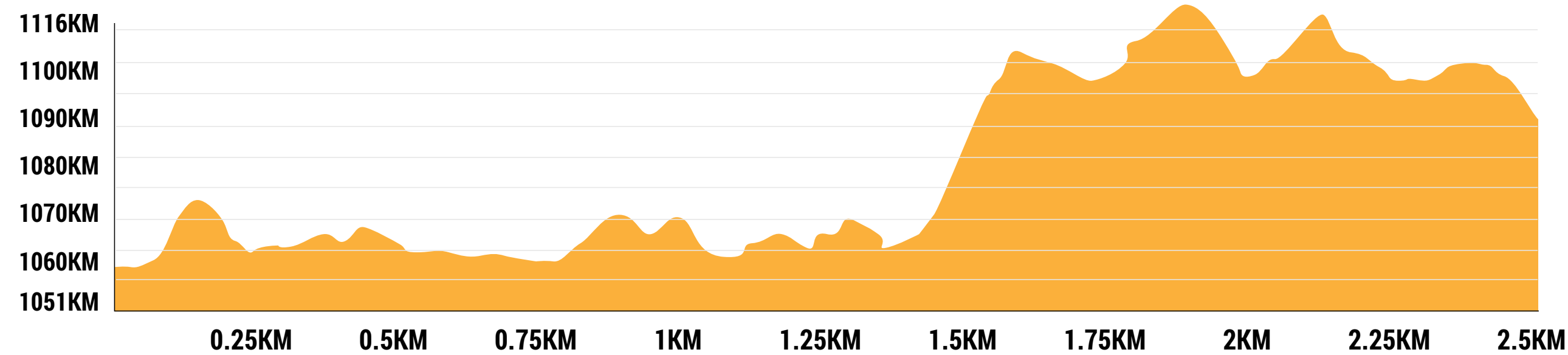
MINI - HALF LAP
SPRINT - 2 LAPS
OLYMPIC - 4 LAPS

MINI TRI RUN 2.5KM



MINI RUN - 1 LAP
SPRINT RUN - 2 LAPS
OLYMPIC - N/A

TRI RUN 10KM



MINI RUN - 1 LAP
SPRINT RUN - 2 LAPS
OLYMPIC - N/A